



Great Works Unit Prospectus Farm to Table

	STEAM	WORLD
Text	<i>The Omnivore's Dilemma</i> Michael Pollan	<i>Animal Farm</i> George Orwell
Subjects	Biology, nutrition, and health	Literary devices, world history, political science
Projects	Food for Thought Students explore the mantra "eat food, not too much, mostly plants" and prepare a delicious, healthy meal that embodies these principles. Food Energy Students learn about how food becomes energy and explore the processes of digestion, absorption, energy production, and waste removal.	Building Worlds Students explore the power of allegory and create their own allegory to address a contemporary issue that resonates with them. Seeing Red Students build on their understanding of allegory and analyze <i>Animal Farm</i> as a reflection of Soviet history.

Systems—whether political or food-related—can exert control over individuals and communities. *Animal Farm* reveals how corrupt leadership can manipulate power to oppress and limit freedoms, while *The Omnivore's Dilemma* examines how industrial food systems can shape consumer choices and impact health and the environment.

Use this prospectus to explore the topics your child will be studying, including oppressive political systems, broken food systems, and ways to expose and address these issues to improve the health of individuals, communities, and the planet.

***Omnivore's Dilemma*, Michael Pollan**

The Omnivore's Dilemma explores the question, "What's for dinner?" by investigating the origins of food, from fast food to organic farms and traditional hunting. This young readers' adaptation encourages kids to consider the impact of their food choices on personal and global health, and empowers them to take control of their eating habits.

Discussion Questions

- Why is it important to eat real food instead of processed food?
- How can the mantra "eat food, not too much, mostly plants" help individuals make healthier choices for themselves and the environment?
- How does the body convert food into energy?
- How do different farming practices impact the quality of food and the environment? What are the pros and cons of industrial farming versus sustainable or organic farming methods?

Ways to Engage

- Watch [Feeding Tomorrow](#) to learn about the impact that food choices have on people's health, the health of the planet, and the lives of other living species.
- Plan meals together that prioritize healthy ingredients, especially those that are locally or sustainably sourced.
- Visit a local community garden or farmer's market to discover fresh, locally grown produce, and consider volunteering at a community garden to learn more about sustainable farming practices and contribute to the local food system.

Animal Farm, George Orwell

Animal Farm is a satirical fable that allegorizes the Russian Revolution and the rise of Soviet communism. Through the story of farm animals overthrowing their human owner, it depicts the consolidation of power among the pigs, mirroring Joseph Stalin's rise to dictatorship.

Discussion Questions

- How does *Animal Farm* use animals to represent historical figures and events? What message is George Orwell conveying through this allegory?
- In what ways does the novella reflect the dangers of power and corruption? How do the characters and their actions relate to real-world events?
- What contemporary issue did you choose for your own allegory? Why did you feel this issue was important to address?

Ways to Engage

- Explore resources provided by the [Orwell Foundation](#) to deepen your understanding of George Orwell's work and its relevance to political activism, the role of journalism in protecting democracy, and critiques of authoritarianism and corruption.
- Visit a museum or digital exhibit focused on Soviet history, political revolutions, or totalitarian regimes. Reflect on how history can repeat itself and the importance of staying informed and engaged as citizens.
- Get involved in local initiatives that focus on civic education or leadership training. Volunteering with organizations that promote political awareness and community activism can provide practical insights into the importance of ethical leadership and the prevention of corruption.